

# DINNERLY



## Balanced Hemp-Crusted Haloumi with Beetroot and Burghul Salad



25 minutes



2 Servings

Load up on goodness with this nourishing salad topped with pan-fried beetroot and zucchini ribbons. The crowning glory? Nutty, hemp-crusted golden haloumi.



### WHAT WE SEND

- 60g burghul <sup>1</sup>
- 200g beetroot
- 1 zucchini
- 180g haloumi <sup>7</sup>
- 40g hemp seeds
- 100g mixed salad leaves

\* The remainder of this ingredient won't be used in this recipe.

### WHAT YOU NEED

- 200ml boiling water
- 1 garlic clove
- 2 tbs olive oil
- olive oil spray
- 2 tbs balsamic vinegar <sup>17</sup>

### TOOLS

- vegetable peeler
- medium frypan with lid

Our veggies come straight from the farm, so please wash them before cooking.

### ALLERGENS

Gluten (1), Milk (7), Sulphites (17). May contain traces of other allergens.

### NUTRITION PER SERVING

Energy 675kcal, Fat 44.9g, Carbs 36.5g, Proteins 29.1g



#### 1. Soak burghul

Put the **burghul** in a heatproof bowl, add **200ml boiling water**, season with **salt and pepper** and stir to combine. Cover the bowl with a plate and stand for 5-8 mins until the water has absorbed.



#### 2. Prep ingredients

Meanwhile, trim the **beetroot** and cut into 1cm chunks. Peel the **zucchini** into ribbons with a vegetable peeler. Cut the **haloumi** into 1cm-thick slices. Crush **1 garlic clove**.



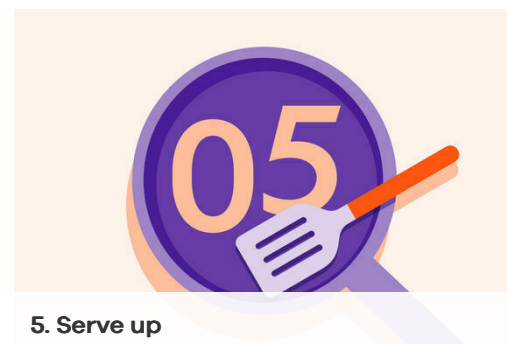
#### 3. Cook beetroot

Heat **1 tsp olive oil** in a medium frypan over high heat. Cook the **beetroot**, covered, for 6 mins or until starting to soften and caramelise. Transfer to a bowl, cover and set aside. Reserve the pan.



#### 4. Coat and pan-fry haloumi

Put **half the hemp seeds\*** on a plate. Press the **haloumi** in the seeds to coat (see Kitchen 101). Return the reserved pan to medium-high heat. Spray the haloumi with **olive oil** and cook for 3 mins each side or until golden. Remove the pan from the heat.



#### 5. Serve up

Put the **garlic**, **2 tbs balsamic vinegar** and **1¼ tbs olive oil** in a large bowl, season with **salt and pepper** and whisk to combine. Add the **salad leaves**, **zucchini ribbons** and **burghul** and toss to coat. Divide the **salad** among bowls and top with the **beetroot** and **haloumi**. Enjoy!



#### 6. Kitchen 101

The natural moisture on the haloumi will help the hemp seeds to stick.